

QC

FASHION:

Men keep their cool during a summer heat wave **P.5**

ON THE SCENE:

At the RSO's annual Symphony Under the Sky concert **P.25**

WINE WORLD:

Black Tower's latest is full of bubbles and it's pink! **P.35**



THE VIVID COLOURS OF GENEROSITY

PHILANTHROPY BLOOMS AT
PETRA JANSSEN'S FLOWER SHOP
P.6

FREE

READ MY BOOK

LOCAL AUTHORS: Writers tell us what makes their book worth reading

■ ANNE MCELROY

My ABC Book ... Wild Creatures! Weird Facts!

Have you ever wondered

- What father carries both the eggs and babies in "his" pouch?
- What really big animal produces his own "sweatproof"?
- What birds take dust baths?
- What bird cannot fly but is the fastest runner in the world?
- What animal cries when it is sad and laughs when it is happy?
- What fish brings out with other fish so it can eat fish poop?



Anne McElroy

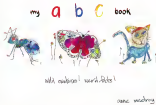
This colorful and funny book is written for parents to read to their children, or for older children to read to themselves. Younger children will also delight in the colours, shapes and letters associated with the drawings, along with the weird facts about the natural world around them.

The illustrations began as a series of ink, watercolour and pastel drawings. It grew into an alphabet book

that has been researched and hand printed. The layout of this hand bound book was designed by the artist and the cover was professionally designed.

The author is a visual artist and educator who has a master's in fine art and a master's in educational psychology in counselling. This is her first book presented by the birth of her first grandchild.

The book is available directly from the author (www.anne-mc-elroy.com), or the Mendel Art Gallery, Green Ark Collective Home and Modern Country Interiors in Saskatoon.





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11:00am – 1:00pm BBQ Lunch (after tour)
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OPEN HOUSE

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ON THE COVER P. 6



Petra Jensen, left, shown here with her daughter Ranya Jensen, is featured on the cover of *Regional & Midwest* community events *Stoughton's Best* (available at stoughtonbest.ca).

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Full of bubbles and pink, head for the pub with a bottle of Black Tower.

SHARP EATS P. 11



Double-duty as a chef and caterer, chef Geoffrey Caswell-Murphy will prepare samples of Fresh River River society along with shrimp at the Pacific Fresh Festival re-opening, perbyon.com. 22 in Photos. 06 Photos by Tony L. O'Neil.

QC COVER PHOTO BY DON HEALY

QC is published by the Leader Post — a division of Postmedia Network Inc. — at 1944 Park St. Regina, Sask. S4N 3G4.

Rob McLaughlin is editor in chief. Heather Pearson manages editor. Jan Sharp is associate editor. For advertising inquiries contact 781-6221; editorial 1-855-688-6557; home delivery 781-6270.

Hours of operation are Monday to Friday 8:30 a.m. to 4:30 p.m.

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IN THE CITY

AUGUST 17, 2014 — 2:39 P.M.

Lights, camera, action



Aranya Parvathi and Ross Ziroff perform a dance while being filmed during a scene of "About a Boy" North of the Double Deer by Hilton hotel in Virginia. (gc photo by scott h. walt)

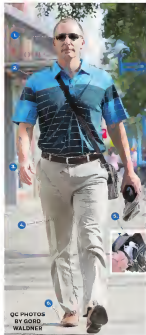
FASHION

Do you have fashion advice to share with our readers?
Email us at qc@leaderpost.com

SASKATCHEWAN FASHION SCENE

Men's streeter style in Saskatoon

By Jenn Sharp



DEREK KENNEDY

There was a hard wake in southern Saskatchewan last week and Derek Kennedy was on his way to work in an outfit that kept him cool while looking cool.

A financial planner, he likes to keep his look approachable because, after all, "you don't want to look like you're going to steal the money."

1. SHADES: New Jim from an optometrist in Saskatoon

2. RHETH: From Riverside Country Club located south of Saskatoon. He has quite a few shirts from the Willow Golf & Country Club too. "Whenever I go, I look me up. I'm not a huge golfer but I enjoy the walk. And wearing the shirt."

3. BELT: From Grosse — he and his wife Karla went on a cruise there last year. "That was the tip of a Mimos. If you get a chance, it's amazing."

4. PANTS: From Los Angeles. "I was at a business conference. They're from an outlet mall."

5. BAG (AKA MURDER): "Oh, yeah that's my wife. She got really tired of being my purse so I spoke to her and you can be your own purse. It had to be small enough that it didn't actually look like a purse. It's saved my life a few times. The last my wallet says medication, protein bar, receipts, lotion and phone."

6. SHOES: Aldo

DAVE GRAMBO

Dave Grambo, the owner of a new high-end clothing store, was sweeping the sidewalk out front on a sunny morning in downtown Saskatoon, but he looked way too good to be a street sweeper. His specialty is finding clothes to fit the big and tall men from lines made in countries like Denmark, Italy and Switzerland. Suits that fit well are his passion — there's nothing worse than an ill-fitting suit after all.

"Make sure that it fits right. And don't forget that you can tailor pants. You don't have to walk the heels off."

And as for men that wear sweatpants? "I'm not in the suit and sweatpants are not fashion items," he said with a laugh.

1. JACKET: Jack Victor. Savile Row. The sport jacket is made from Canadian cashmere and was crafted in Montreal by Jack Victor. Savile Row is Grambo's pet label for all the labels that come from Jack Victor. "It's not bad on a hot day. Cashmere breathes and is very wrinkle resistant."

2. SHIRT: Enzo. No-iron 100 per cent cotton from the United States.

3. TIE: Ted Baker silk tie made in Britain.

4. WATCH: Orlis in Saskatoon.

5. SLACKS: Gala. Gala. The wool fabric comes from England and the slacks are manufactured in Ontario.

6. SHOES: Portofino made in Italy.



QC PHOTOS
BY GORD
WALDNER

ON THE COVER

The joy flowers bring to people the moment they receive them far outweighs the fact that they are perishable. — Petra Janssen

PETRA JANSSEN

Blooms supporting local charities, brighten lives

By Irene Seiberling

Generosity blooms in the heart of Petra Janssen.

She shares her passion for flowers — and supporting her community — any way she can.

Every year, the stylish owner of the Wascana Flower Shoppe — who is always dressed to kill, including her designer protective smock and trendy high heels — donates thousands of dollars worth of flowers, jewelry and gift certificates to local charities.

And if rental vases are returned from weddings or functions with the flowers still in them, rather than discard them, she gives the blooms a second life by donating them to local hospitals and nursing homes.

"They're too pretty to throw out," she says.

Janssen considers herself blessed to create the chance I have to wait for some one to give her flowers. She's surrounded by them as a daily habit.

"I do love all kinds of flowers, and get to enjoy each and every bloom every day of my life. I love giving flowers!" she says with a smile.

Janssen gives flowers as gifts to support community events and charities, and just for the heck of it. She often — but not always — has fresh flowers in her home.

How many charities does she support with her colorful blooms?

Janssen shrugs her shoulders and smiles as she poses the question.

"I have no idea," she concedes. "Pretty well anyone that comes in and asks for something gets something... I try not to say 'no'."

But if it's a request for donated flowers that are needed two weeks before or after a major holiday, it's hard for Janssen to help.

"I can't pull it off without adding too much stress to my staff."

Besides, flower prices skyrocket at those times.

If she's too busy to build floral arrangements, Janssen has been known to donate potted plants for table centerpieces. And she donates gift certificates, jewelry and gourmet chocolates for fundraisers.



Petra Janssen donates thousands of dollars worth of flowers, jewelry and gift certificates to local charities and fundraising events in Regina. QC PHOTO BY DEB HEALE

We give the flowers away, promoting people to be nice to one another, which I think is important nowadays, because we tend to always be in a hurry and not be so nice to each other. — Janssen



Three generations of florists, from left: Erika Wehr, Penna Janssen and Tanya Anderson. The three women work together in the Wascana Flower Shoppe, where Anderson is the head designer. (C) PHOTOS BY SCOTT WELBY

"This city has been so, so good to me — my entire customer base. It's just that little bit that I can give back," she says.

Janssen believes wholeheartedly in supporting local causes and businesses. She goes beyond the thought of shopping online rather than buying local. Her extensive designer wardrobe, for example, features an impressive array of Regina crests and purchases.

There are no downtime days for Janssen when she's in her flower shop. Whether she's in

the back assembly area, elbow deep in flowers in her office consulting with a client, or at the front counter putting through a sale, Janssen is always impeccably dressed from head to toe. Presentation — whether it's putting together her stems or a floral arrangement — is always top-of-mind for the 36-something businesswoman.

The roots of her love and appreciation for plants grow deep. For many years, Janssen's parents ran Wascana Greenhouse, just east of

Begun. In fact, she decided to open a flower shop to provide a retail outlet for the cut flowers grown at her parents' greenhouse.

Her career choice didn't thrill Janssen's parents initially. But she persevered. And eventually they grew to understand her passion for the flower business. After Janssen's parents sold their greenhouse business and "retired," her mother, Erika Wehr, started working in her daughter's flower shop as a regular house-keeping florist.

Janssen considers herself truly blessed. Not only does she get to work with beautiful flowers everyday but she gets to work with her family.

When he's not tending her husband, David Janssen, works in the flower shop's office handling the accounting.

Janssen's daughter, Tanya Anderson, is the shop's head designer — sharing her mother's passion for creativity and love of fashion as well as her generous nature.

Continued on Page 8

I do love all kinds of flowers, and get to enjoy each and every bloom every day of my life. I love giving flowers!
— Janssen



Picture Janssen has created floral arrangements for over 20 clients, up to 10 in one hour.

Daughter-in-law Laurens Janssen is the resident artist, handling the business's website, Facebook and Twitter presence, as well as sharing her creative flair as a wedding designer.

And when called upon, Janssen's son and son-in-law—who both have full-time jobs—pitch in and make deliveries.

It's not unusual to see four generations of Janssens' family gathered at the flower shop. Her grandsons once have a bedroom there. And casual family members settle in and watch the line of activity, too.

As she sits comfortably at a couch in her tastefully decorated office, Janssen thanks back to her flower shop's humble beginnings.

"All I wanted was a little shop where I could do everything myself and put a sign up when I went out making deliveries," she says. "But now that I have a big store, I don't think I could ever downsize."

She currently has a staff of 21. As her business has grown over almost 30 years, so has Janssen's commitment to supporting local charities.

She doesn't have a budget allocated to charitable donations. Nor does Janssen keep track of how much she gives each year. She weighs it down.

"My husband would divorce me if he knew how much," she chuckles, then smiles. "And I'd be shocked."

Giving just seems to come naturally to Janssen. So does attending local fundraisers. "It's not to go to fundraisers. I love the plants and the plants."

"It is challenging to fit it all in," she admits. "But the rewards outweigh the challenges."

Janssen pauses for a moment to refer to a list of about 60 charities she quickly pulled down to get her memory about some of the local events she's donated flowers to over the years. A nonprofit, of course, but doesn't exist. Nor does Janssen seem unfazed to keep a tally down the road. It's just not her way.

When creating floral arrangements, Janssen draws inspiration from the theme of the event, from her customers and from her creative staff.

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IN SASKATCHEWAN

Pretty well anyone that comes in and asks for something gets something... I try not to say 'no'!
— Janssen

"I do go to on trend design shows to always keep up with any innovations," she explains. "But basically if it's people's wants that inspire us to deliver."

For Decore Came True, A Children's Royal Ball for cystic fibrosis vibrant flowers were used to create a setting befitting princess and princesses.

"It was all for children, it was outstanding," Janssen recalls.

For the Bortone & Sweethearts Valentine's gala, roses seemed the perfect choice to create an elegant, romantic setting.

The Canadian Progress Club Regina was once a ballroom of roses called for a festive approach.

"We do a lot of work for (Regina's) Transition House. We do a lot of work for the Hospitals of Regina Foundation. We do a lot of work for Dine for Dancers. Back Fashion Week we did. We do the Oscar charity golf clinics," she continues down her hand-written list. "I had done Ducks Unlimited for many many years. A lot of your local towns — the Regina Theatre, the Regina Red Sox..."

The last goes on.

Does Janssen have favourites? Actually yes. "There's actually two that are kind of special. It's the Regina Symphony (Orchestra) and the Globe Theatre," she says. "We do a lot for them, just to kind of promote the arts. We are a small centre, so as much as we can get to the arts is always a bonus."

Janssen also does some work with local schools, with their 500s when they want to sell flowers, for example, to make a little extra money.

To inspire the generosity of large to share flowers and laughter each other's day. Janssen's flower shop sponsors Good Neighbour Day giving away thousands of roses in one day. Janssen is always saying visiting the shop. All she asks in return is for people to agree to keep one rose for themselves and give the other 11 away to different people.

"I want the flowers always promoting people to be nice to one another, which I think is important nowadays because we tend to always be in a hurry and not be so nice to each other," she explains.



Petra Janssen decorated your correspondence and petals for the tables for the Bortone & Sweethearts Valentine's Day Gala, held at the Hotel Saskatchewan in March for \$100,000.

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There's actually two that are kind of special. It's the Regina Symphony (Orchestra) and the Globe Theatre. We do a lot for them, just to kind of promote the arts. — Janssen



To help reduce her carbon footprint, Petra Janssen buys most of her flowers from local growers in Canada, including two outdoor farms in Saskatchewan, so she can go green in her own way.

She encourages people to take time to smell the roses... or carnations.

A stressful day "at the office" for Janssen can come about when she has multiple weddings and the brides come in stressed and nervous. But when she can show them their flowers and they smile, "that's all that really matters."

Preparing for Mother's Day and Valentine's Day are also stressful times for flower-shop owners.

"We all work many many hours leading up to

those days. We are tired and more, but know the reward of making people happy is all worth it," she says.

To those who say flowers are wasteful, Janssen says "the joy flowers bring to people the moment they receive them far outweighs the fact that they are perishable."

She cites several examples: "To see the look on my bride's face when I bring her her bouquet for the first time, the easiest but they bring when someone has lost a loved one, when they go to the

hospital for someone who is down and hurt, and they can smile and see the joy that the flowers bring. These all make my job so fabulous."

To help reduce the carbon footprint, Janssen buys so many flowers so she can in Canada, including two outdoor farms in Saskatchewan. "I try to keep the travelling time my flowers have to a minimum, to keep them as fresh as possible and eliminate the fuel consumption."

She also buys from suppliers who believe in free trade and support the communities where

the farms are located. One of her suppliers, for example, has helped build schools in Ecuador for the children of employees in communities where flower farms are located.

At the interview ends, Janssen detours into the assembly room in the back of her flower shop and grabs several double garden roses.

"These are my favourites. Aren't they beautiful?" she says. "We rose."

In traditional Janssen spirit, she expresses herself with flowers.

SHARP EATS

See a food trend you think deserves a highlight? Email qc@leaderpost.com or visit us on Facebook

\$ SASKATCHEWAN FOOD SCENE

Fun events to help you get your summer seafood fix



Double-deck by H&M executive chef Geoffrey Gassoff. Menu will present seared salmon and shrimp samples for the Pacific Fish Festival in Regina. qc@leaderpost.com

By Jenn Sharp

Saskatchewan may be landlocked but that doesn't mean we can't eat some great (and sustainable) seafood.

Regina's Pacific Fresh Fish has expanded and renovated, and is throwing a grand reopening party to celebrate. On Aug. 30, visit the store for food, drinks and seriously good specials like half-price shrimp. Specials on shrimp, king crab and fresh Fraser

river mackerel plus daily fish tanks are on all week.

Pacific Fresh Fish opened in Regina in 2008. Recently they took over the historic location next door and have expanded to fill the space. Part of the renovation project is to demonstrate live seafood tanks for lobster, mackerel, oysters and clams, plus a bigger seafood selection.

The store stocks fresh and frozen fish from around the world, with most —

like the salmon, cod, sole and rockfish — coming from Alaska and B.C. East coast codlings and mackerels are in store along with at least 30 shrimp varieties from various global locations. The latter comes from Canada and Cuba.

Owner Ted Williams says they stock sustainable seafood whenever possible but admits they can't quite make do without farmed fish. His own preference for wild over farmed is that it tastes better but adds that the issue is

multi-faceted.

"As it turns out — properly sourced — it's environmentally better and I think it's healthier," he says of wild fish.

The problem is that the world eats more fish than can ever be caught in the wild.

He says farming is moving in the right direction though, with "a lot of less than gentle pushing from environmental groups."

Pacific Fresh Fish carries sustainable fish (black cod) from an organic farm, and occasionally they'll bring in star grass from environmentally friendly dry land tanks. Dry land tanks are an option that's much better for the environment. Because they don't use nets or suspended in the water, food and disease don't affect the ocean's ecosystem. The shore-based farms are even pretty controlled.

Continued on Page 10

SHARP EATS

"You don't affect anything but the fish you're buying. You can take out the waste. It's really green. (But) it's more expensive. That's why fish firms continue to do the open cages in the ocean," explains Williams.

Leo Paulin of the Comox Arts Centre and Geoffrey Daniels-Margley from the Ducklinton by Hilton hotel will be doing demos using sockeye salmon, fresh from the Fraser River run.

According to reports an estimated 22 million sockeye are expected to return this year during their annual migration, the most beautiful since 2009 (when a record-breaking 38 million sockeye overhauled the watershed).

Williams says sockeye's quality is related to the length of the run.

"A fish needs to be full of good nutrients for a long run. The Fraser sockeye have some of the longest runs in the world. The fish caught at, near or offshore heading for the Fraser are at least fed for at least the best in the world for taste and nutrition. We live to preserve the Fraser when it's in good health. And this year it is supposed to be a really good year."

Chefs for Oceans is making a stop in Saskatoon to promote sustainable seafood, and healthy watersheds in Canada. This sustainable event is hosted by the Four Seasons Hotel and Neil Bell, executive chef of the YW Hotel + Bar in Vancouver. On July 1, Bell started out in St. John's, Nfld., on a cross Canada cycling trip. A partnership with the Vancouver Aquarium's Ocean Wise project, he'll be in Saskatoon on Aug. 26 at Apple's Kitchen + Bar for a collaborative food and educational event.

Saskatoon City is something we try and promote here," says Apple's co-chef and owner, Nathan Mayhew. Opened-house proceeds from the ticket sales will go toward Chefs for Oceans.

Peasie Harvest Cafe, Three Pines, Lucky Island Distillers, the Night Owl Bakery and Great Western Brewing Co. will all be taking part in the event. Chefs will prepare sampling plates using fish provided by Ocean Wise, such as sturgeon and trout, and Bell will be sharing stories and answering questions.

For a comprehensive listing of Oceans Wise recommended fish sources, visit www.oceanwise.ca/saskatoon. For more information about Chefs for Oceans, go to www.chefsforoceans.com.

PACIFIC FRESH FISH BRAND RE-OPENING

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The Dog Rodeo will broadcast live on Leo Pental and Geoffrey Daniels-Margley. Murphy's live demos with sockeye salmon. Food writer CJ Katz will be on hand helping customers with fish and seafood topics.





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See inside for details!

HIGHTAIL IT TO MINOT!

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New stores add to the back to school shopping experience

As many may already know, Minot is the perfect host for family get-togethers, gift shopping trips and surprise weekends. With such a great reception given to Genesee visitors, it's no surprise that it's also a hotspot for back to school shopping.

"There are a lot of great new shopping opportunities. In addition to the already great selection at Dakota Square mall, we have some new department stores such as Gordmans, and Kmart's who have been here for a few years," said Minot's Mayor, Communications Coordinator, Viet Minot. "Our Downtown is also really expanding. We have a lot of great new boutiques, particularly for women's clothing. We also have Target and many stores like it for all the school supplies. With the addition of many new restaurants to eat at, it's great to just spend the weekend in Minot. You can get everything done at once."

www.minot.nd.gov makes planning a cross border road trip even simpler.

A great feature on the site, which users can use before hitting the road is the My Map feature. This allows guests to select the places they are interested in visiting (bookie, restaurants, shopping, and attractions) and add them all to a personalized map of Minot. This feature is then printable from a computer, includes contact information for each venue and can be taken with them on their journey.

Don't let it go unnoticed that ahead. Visitors can access the handy mobile site from anywhere. For those who are about to arrive in Minot they can whip out their smart phones

and find great dining establishments and shopping centers/locations.

"Our mobile site is very easy to navigate and can be accessed from any mobile smartphone or tablet device which is especially great for those visiting Minot who may not have access to a computer or laptop," she said.

Those wishing to make their back to school shopping into a weekend of fun, check out the way to use Viet Minot's hotel website. Viet Minot's online site offers hotel availability by simply putting in the date they are planning to stay. This prompts a whole list of available rooms to pop up in a straight forward listing. From there making the reservations is simple. Although this has been around for quite some time, its continued expansion has allowed more hotels to join the popular coupon page. The more dollars saved, means more money for cool new school supplies and for adding to your wardrobe.

"We are sure to check out all of the events going on while you are in town as well," she added. "You can catch a movie in the park or see some live music, there's always something going on in this city."

For those traveling from Genesee, it's sure to check out www.vietminot.org clickable Genesee section to find specific visitor information including travel documents, exemptions and duty free information and more.

For more information, visitors are also encouraged to connect and converse on Facebook and Twitter which they can easily link to from the mobile website.

Discover the "Magical City" of Minot

While visiting Minot, be sure to experience the many "magical" activities, events and places that the city has to offer. With its many historical and cultural attractions, Minot is sure to meet and exceed your expectations.

The Dakota Territory Air Museum, Railroad Museum, Soo Line Depot, Newspaper Museum and the Snake Air Museum are worth seeing a side some time to visit. Visit to Minot won't want to miss the Scandinavian Heritage Park.

The Minot area is also abounding with unique shopping opportunities. The city of Minot offers something for everyone, from the large retail stores to the unique specialty shops.

After spending some time taking in the more than 100 stores at the Dakota Square Mall, you can take a quick trip to Main Street and visit Minot's historic downtown shopping district. While you are there, you will find many unique and specialty shops including perfumes, clothing shops, jewelry stores, specialty clothing stores, and much more!

After visiting several of the major shopping areas, you may be ready to book up your rental at one of Minot's great bed and breakfasts or take in one of the great events happening in and around town.

You may decide that you are ready to relax and enjoy a nice dinner. Minot boasts more than 20 restaurants, so visitors are sure to find an establishment to match their tastes and budget.

To ensure there are no hassles at customs before leaving for Minot, here are a few tips:

- Remember to bring proper identification. Make sure everyone traveling with you has proper documentation for leaving Canada. Birth certificates, passports and visas are the best insurance against problems at the border.
- Visit a Canada Customs office to identify any valuables you may want to take to Minot from home. Items like cameras, jewelry and other items can be declared so that there are no problems coming back across the border.
- Also, remember to check with Canada Customs if you plan to change or improve any part of your vehicle. If your vehicle breaks down while in Minot, the repairs must be done at customs and you may not have to pay the duties.
- If you improve your vehicle with special modifications in other words, (exotic, etc.) visit Canada Customs (see link) for more information on the vehicle.

For further information, or to request a free visitor packet including coupons, lists of restaurants, things to see and do and where to stay, contact Minot Convention and Visitors Bureau at 1-800-284-0826 or visit the website at www.vietminot.org.

About this content

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HIGHTAIL IT TO MINOT!

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Pick Minot State for size, cost; stay because you love it

As a young athlete in Lethbridge, Alberta, Nigel Akeed knew he wanted to play football after high school. During his senior year, his athletic prowess caught the attention of several collegiate recruiters. However, at the end of the day, Akeed picked a deal with Minot State University (Minot, N.D.) to play for the MSU Blazers.

Lethbridge is Minot's nearest big-city neighbor and a three-hour drive. It takes 11 hours to drive Minot, but Akeed had his reasons for choosing MSU.

"Logan Jones (MSU senior and defensive lineman) went to my high school (Lethbridge Collegiate Institute), so it was nice to know someone here. But it's always been my dream to play football in the United States. Over the years, five guys to multiple football camps in the U.S. and found the level of playing is better," Akeed said.

For two years beginning fall 2010, Akeed was an offensive lineman and tight end for the Blazers. Then a back injury derailed his dreams, forcing him to take a year off from training and football.

"Coach (Paul) Rudolph (MSU head coach) sat down with me and said 'I don't want to see you in a wheel chair someday, but I want you to be a part of the team,'" Akeed remembers.

So in addition to working as a Canadian student assistant in the Office of International Programs, Akeed became the tight end and full-back student assistant coach. He reviews films, lends to equipment needs, reviews details and lined linemen and coaches weight workouts. His eye for detail and proper form stem from his own football experiences on and off the field.

A year to reflect and recuperate hasn't been all bad for Akeed. In that time, he switched from strength to cardio training and lost 60 lbs. He also found his career physical education.

"I like fitness and I like kids," he said. "For the past three years, I have helped with football camps in Minot and Lethbridge and decided I would like to teach high school and coach football."

Akeed will graduate in spring 2015.

"I wasn't sure how I'd like coming down here," he said, "but I've loved it. Minot State offers a great opportunity."

Come on Down!

Head 'em up and move 'em out — down to the 60th annual Minot Y's Minot Rodos.

This fall, Minot is excited to welcome back its premier rodeo event, The Minot Y's Minot Rodos will be held at the State Fair Center from October 8 to 10, bringing the action back for a 60th consecutive year.

The four-day event will feature the main attraction: the Badlands Professional Circuit Finals, where the top 10 cowboys from across North and South Dakota and the central United States will compete in seven events for hefty prize money.

As one of the Professional Rodeo Cowboys Association sanctioned events of the rodeo season, the indoor event consistently draws the top riders and top stock in the industry.

But the cowboys and cowgirls won't be the only ones entertaining the crowd over the weekend. A solid line-up of performers will

be brought in for this year's event as well.

In addition to the excitement of the special entertainment guests, a wagon full of other activities will be held over the four days, including the Cowboy Children's rodeo show and the Wild West Rodeo for challenged kids.

Everyone is encouraged to enjoy the entertainment and excitement of the rodeo. The more the merrier, as the Minot Y's Minot Rodos is a family event.

Funds raised from the rodeo go to support the Thrangle Y Camp at Lake Sakakawea. A Tough Enough to Wear Pink night will be held on the Friday night of the rodeo, where funds raised will go to support the Timmy Heints Express Relief Program at the Minot Family YMCA. The program is offered to Cancer survivors free of charge and helps them regain their strength after cancer and cancer treatment.

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HIGHTAIL IT TO MINOT!

We're ready for you.

Norsk Høstfest readies for 37th festival

You may think it is too early to talk about a fall festival, but you're mistaken. Norsk Høstfest tickets went on sale of \$5 a m., CDL Prolog, May 16 and the entertainment lineup is one you won't want to miss.

Norsk Høstfest, North America's largest Scandinavian festival, is held in Minot, N.D., and thousands attend for the great food, culture and world class entertainment. This year marks the 37th anniversary which will be held Sept. 30 - Oct. 4 at the North Dakota State Fairgrounds.

The event kicks off Tuesday evening (Sept. 30) with the Opening Ceremony followed by an evening concert with Doc Severinsen, who will perform with the Minot Symphony Orchestra.

"We live to think we're offering something for everyone this year," said David Reiter, Norsk Høstfest president. "From returning favorites, to names new to the Great Hill stage like the legendary Doc Severinsen, whose performance is made even more special with the involvement of Minot's own symphony."

Also scheduled to appear in the Great Hill of the Wings over two nights and four days are Doc Severinsen with the Minot Symphony Orchestra, Daniel O'Bunnell, Gauthier Vocal Band, comedian Bill Engvall, country legend Merle Haggard, Josh Turner with special guest Doreen Brackley, singer BJ Thomas, '60s pop band Herman's Hermits starring Peter Noone, and country music artist Jennifer Nettles.

Tickets cost \$62 for VIP seats and \$62 for regular seats. The Høstfest Live Concert tickets with Doc Severinsen will sell for \$36. Fans can order tickets online at hofest.com, by calling (701) 862-2268, or in person at 1020 S. Broadway, Minot ND 58201.

ACCOMMODATIONS

The city of Minot has undergone tremendous growth and offers more than 25 hotels with plenty of rooms to offer Høstfest guests. To find hotel rooms, simply go to Høstfest.com, and enter the dates of your stay at the bottom of the page.

RV camping spots are also available for \$21 per night. Good Sam Club members

also are eligible for reduced rates and special packaging, which can be found at hofest.com.

ADDITIONAL ENTERTAINMENT & ACTIVITIES

In addition to the Great Hill entertainment, Norsk Høstfest offers free stage with several bands each day during the festival. Patrons will also see a return of many of their favorites such as Björn Hälskog and Williams & Rice and enjoy new talent as well, including the Nordic 90s, Swedish magazine Brynolf & Ljung, and GRAMMY award winning country group Diamond Rio. Farmer's Band, Norske Jakt

Continued on Page 17

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Norsk Hostfest

readies for 37th festival
Continued from Page 16

Gina Hill and author Lisa McCubbin are back with a presentation and their most recent book, *Five Days in November*. Ruby Nelson Remengesau, a tribute by Corinne Nelson and Matthew Nelson, also returns for a second year.

Besides great entertainment, Norsk Hostfest will spotlight Scandinavian culture, urban crafts, Nordic shopping, nighty dances, and of course, great authentic Scandinavian cuisine. Those looking for more interactive activities may want to visit the newly expanded Wlog Eksen and Village or may be interested in enrolling in hands-on Handfast Folk School classes.

FOR MORE INFORMATION

Please visit norskfest.com, or call the Norsk Hostfest office at (701) 852-0300.

2014 GREAT HALL ENTERTAINMENT SCHEDULE

**Doc Severinsen
with The Minot
Symphony Orchestra**
7:00 p.m.
• Tuesday, Sept. 30

Daniel O'Donnell
1 p.m.
• Wednesday, October 1

Gaither Vocal Band
7:30 p.m.
• Wednesday, October 1

Bill Engvall
1 p.m.
• Thursday, October 2

Daniel O'Donnell
7 p.m.
• Thursday, October 2

Merle Haggard
1 p.m.
• Friday, October 3

Josh Turner
with special guest
Danielle Bradbery
7:30 p.m.
• Friday, October 3
(two shows)

**BJ Thomas & Herman's
Hennits** starring Peter Noone
1 p.m.
• Saturday, October 4

Jennifer Nettles
7:30 p.m.
• Saturday, October 4

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Upcoming Events

Aug. 20 to 23 Why Not? Music and Arts Festival Downtown Minot

A three day music event run by Minot's own Pingree House. 720 bands, 3 days \$16, who don't beat that. Paid entrance here is soon. On a lot across, Tabor Museum of Art, Basswood Park, Mayo River Players. Find more information at pingriehouse.org/whynot

Aug. 22 Competition for Children Golf Tournament

Star City Golf Course, Wyo.
Competition for Children is hosting a golf tournament to raise funds for the youth mentoring program. The 4 person scramble will be held at Star City Golf Course in Wyo on August 22nd. Registration begins

at 11am with a shotgun start at noon. There will be cash awards, contests and games of each hole and a chance to win \$10,000 for a hole in one. For more information visit www.demotest.org or find Competitors for Children on Facebook. To register call 800-674-0149 or email children@demotest.org. Golfers are encouraged to register ASAP as they are only taking 18 teams. Business sponsors must register by August 1st.

Aug. 23 Festival on Main/ Street Dance Downtown Minot

Festival on Main/Street Dance featuring Soul Street Dance bar with dozens of various vendors, food trucks, and entertainment. DJ, dancers, stunts, animals and many other attractions. Fun for all.

Festival on Main/ 10am-5pm Street Dance 6pm-10:30pm

Aug. 23 Ride to Remember Poker Run Landing Bar

Third Annual Ride to Remember Poker Run for Domestic Violence Crisis Center. Registration begins at 11am at the Landing Bar. Day filled with poker, food, prizes, raffles, and live music. Call 855-2258 for more information.

Aug. 23 Burnin' Night SK Main Street

ILLUMINIGHT SK is a nighttime run with the emphasis on FUN! Whether you are a walker, jogger or a competitive runner, the energy of this event will spark an exciting

running experience. We are coordinating with the Minot Downtown Association and the Fall Festival & Street Dance to be held on the same night. Bring your comfy clothes, glow wigs and heady lights to ILLUMINIGHT SK and illuminate the sky. The run will start at 9:14 PM, but some downtown early and enjoy everything it has to offer. "Stretch Out" with some dancing and singing to get ready for this glowfully fun event. The ILLUMINIGHT SK will start and finish on Main Street in Downtown Minot. Head over to the street dance and "Warm Down" with some more dancing and singing. All participants will receive a custom designed ILLUMINIGHT SK shirt along with some glow & LED bling to help light you up. Awesome prizes will be

Continued on Page 19

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Upcoming Events

Continued from Page 18

given in a variety of "Costume/Cosplay" categories. Visit www.ELUMINATEDHERK.com for more information.

Aug. 25 Minot Country Club Travelling Trophy Golf Tournament

Boysen Wiley Golf Course
Minot Country Club Travelling Trophy Golf Tournament Mon. Aug. 25th 1:00pm at the Boysen Wiley Golf Course. 18 Hole 4-Person Scramble \$400 a team. All proceeds will benefit Minot Hockey. Bookings www.minothockey.com email info@minotmhd.com or touan@minotmhd.com will be your team, help sponsorship and any questions.

Aug. 26 and 28
Auditions for Plain Hearts
Moose River Players Community Theatre
Auditions for Moose River Players Community Theatre production of "Plain Hearts" by Lucas Belville and Eric Pollmann. Tuesday, August 28 8:00-8:00 PM; Thursday, August 29 8:00-8:00 PM. "Plain Hearts" is a musical production. Performance dates are October 17-19 and October 24-26. No proposed audition required. Call (701) 839-0309 and leave a message for more information. 115-1st St SE, Minot ND

Aug. 29 to 31
Motor Magic
North Dakota State Fair Grounds
The North Dakota State Fairgrounds play host to Motor Magic, Motor Day weekend in Minot. The largest motorcycle event in the Upper Midwest, Motor Magic provides entertainment for auto enthusiasts of all ages.

Aug. 30
Zombie Apocalypse 3k Road Race
Minot Air Force Base

Sept. 4
Win about Wines
Hosworth Park Zoo
The Win about Wines event includes an auction, cash bar. As well as several vendors.
For more information, contact 701-867-6188

Sept. 5
Sember Run Half Marathon
Minot Air Force Base
13.1 mile run around Minot Air Force Base. Open to military and civilians. Proceeds go to college scholarship for kids in the local community. Registration opens at 8:00am. Race begins at 9am at Bud Ebert Park.

Sept. 6
Walk MS Minot Walk
Edson Elementary School

Walk MS connects people living with MS and those who care about them. This community award raises critical funds to support life-changing programs and cutting-edge research. It is an experience unlike any other — a day to come together, to celebrate the progress we've made and to show the power of our connections. Join friends, family and your community and walk to create a world free of MS. For more information and to register, visit myMSwalk.org. Walk starts at Edson Elementary School, 701 17th Ave. SW, Minot, ND 58701.
Check-in: 9 a.m.; walk start: 10 a.m. Choose your distance.

Sept. 7
Grandparents day at the zoo
Hosworth Park Zoo

Continued on Page 20



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Upcoming Events

Continued from Page 19

Sept. 10

MSU celebrates their centennial at MAFS

MAFS Education Center

Recognizing the contribution of the Minot Air Force Base to MSU, the Center for Historical Learning invites all military and their families to MSU's Centennial Celebration open house at the base education center. Refreshments will be served from 5-7 p.m.

Sept. 13 and 14

Minot Club Golf Show
 Stages Inn and Suites

Saturday, September 13, 2014
 from 10 a.m. to 5 p.m. and Sunday,
 September 14, 2014 from 10 a.m. to
 3 p.m. Building on our successful

show the first September 2013, we have decided to switch venues so that we can grow. Our 2014 show will be held at the Stages Inn and Suites Hotel in Minot, ND. We will have dozens of open dealers from at least a dozen states and that will be set up to buy and sell cars, currency, firearms, medals, and supplies. We will host a large daily silent auction, daily door prizes, FREE GIFTS for kids 17 and under, FREE Minot Club Golf Memberships, and an educational slide show that will run all day long.

Sept. 19

Minot's Wise Walk

Enjoy an enriching evening of wine and food tasting while exploring the businesses in the heart of Minot. Whether it's your

first time or you've become a regular, everybody will register at Of the Vine and head off to various businesses to see the hidden wonders of Downtown Minot. You are sure to have a great time and want to come again.

Sept. 22

YMCA: The Ultimate Girlfriend's Night Out
 Grand Hotel

An evening of great speakers, great shopping, makeovers, and rejuvenation! Grab your best friends, your go-to-wearers, shoes, mittens, laughter and make it a fabulous night out. You deserve it!!
 Social Meeting Time 8-10 PM. Event begins at 7pm
 Signature Cocktails/Cash Bar - Light hour of delicious
 First segment of mini sessions followed by
 Intimate shopping boutiques to complete your
 full priced fashion show. Wrap up evening with door
 prizes.

Sept. 25 to 27

ND League of Cities
 Grand Hotel

Sept. 27

Burgers, Brats-n-Brews's Block Party
 Downtown Minot

Time to kick up your heels to the great sounds of FirstStreet Live! Join us to dance and meet your friends downtown for the fall. No Cover!
 Event Time: 4pm-12:00am

Sept. 29

WiredSync with IAS at Minot
 Nelson Hall

Just this last of two events that are coming to the Nelson Stage this fall and spring of 2015. WiredSync is a semi-annual celebration. Nationally recognized for innovative and unconventional performances. Plying by memory, this infectious, dynamic style has propelled their award-winning ascent. Superb musical and performance quality.

Sept. 30 to Oct. 4

Norsk Heilfest
 Norsk Heilfest in North America's largest

Scandinavian Festival. Tens of thousands of people attend the event annually to celebrate and partake in the Scandinavian culture and craftsmanwork. Over 300 internationally recognized artists, craftsmen and chefs participate. The experience is an eclectic array of contemporary and traditional. The cuisine as well as the clothes, art and jewelry are authentic, fine quality and exquisitely Nordic.

Oct. 9 to 12

Ys Mines Rodeo
 North Dakota State Fair Center

The Minot Ys Mines Rodeo hosts the annual Ram Rodeo Circuit Final Rodeo October 9-13, 2014 at the State Fair Center in Minot, N.D.

Funds raised from the rodeo go to support the Thrangle Y Camp at Lake Sakawewa. We also host a Tough Night to Wear Pink night, each Friday night of the rodeo, where funds raised support the Thrangle Health Screen Rodeo Program at the Minot Family YMCA. Cancer survivors can use the program free of charge to regain their strength after chemo and cancer treatment. In the past 5 years, we've raised \$250,000 for the program.

Oct. 19

Kwame's Pancake Day
 Minot Municipal Auditorium

Join us for a Minot area family tradition - all you can eat pancake at Kwame's Pancake Day! Saturday, October 18th from 9am-5pm Minot Municipal Auditorium. Tickets are \$5 in advance or \$8 at the door. Buy them from any Kwame's member or at the Minot Area Chamber of Commerce. Proceeds go to help Kwame's support local youth through organizations including: Companies for Children, Inc. (CFC Minot), Minot Area Council of the Arts, Community Action Partnership - Minot Region (CAP), Junior Achievement, Boy Scouts, International Music Center, and many more!

The championship rodeo for the Bedfords Circuit including the 52 bull cook-off and weights in bull roping, steer wrestling, barrel racing, roping and busting horse riding and more.

Oct. 25

Roo at the Zoo

Dress up your kids and bring them to the zoo for Halloween and more details coming soon.

Oct. 31

Halloween Treat Trail
 Downtown Minot

Dress up the little ghosts and goblins and come downtown for trick or treating! Maps will be available at most locations. Don't forget your treat basket!

Oct.31 to Nov. 1

ND Snowmobile Association Convention
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Motor Magic races into Minot during the Labour Day weekend

This Labour Day weekend, Motor Magic, the largest motorcycle event in the Upper Midwest, will again call the North Dakota State Fairgrounds in Minot home. From Aug. 30 to 31, Motor Magic will provide high-speed entertainment for auto enthusiasts of all ages.

For racing here, a thrilling Enduro Auto Race will take place on Aug. 29 at 7:30 p.m. at the Nodak Speedway. Drag racing will run all weekend long at Magic City International Dragway and dirt track auto racing will be held on Aug. 30 and 31 at 5 p.m. at the Nodak Speedway. Welcome back once again to the ever so popular two day Classic Cruisers Classic Car Show.

In addition, a rollover simulator, sponsored by ND Highway Patrol, will give visitors a look into the safety side of driving. The simulator provides

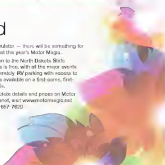
real-time compelling evidence of the security provided by automobile seatbelts. It also clearly demonstrates the devastating consequences occupants face upon being ejected from a vehicle during a rollover crash. The simulator consists of the cab of a pickup truck mounted on a trailer with an electric motor and controls. Using full-size dummies, the simulator can be rolled a full 180 degrees to demonstrate what happens to passengers when restrained and unrestrained in a rollover crash.

With four major paid admission events — drag racing, dirt track auto racing, the Enduro Auto Race, and the Dakota Cruisers Classic Car Show — and six additional free events — the Classic Car Auction, State's Valley United Way pedal car auction, SCCA Solo Autosports, a historic military vehicle display, portable darts war, and a

rollover simulator — there will be something for everybody at this year's Motor Magic.

Admission to the North Dakota State Fairgrounds is free, with all the major events priced separately. RV parking with access to electricity is available on a first-come, first-served basis.

For complete details and prices on Motor Magic in Minot, visit www.motormagic.net or call 701-667-7620.





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1505 48th St
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Candlewood Suites

701-856-7730
900 37th Ave SW
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1500 Hwy 2 & 52 Bypass
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Comfort Inn

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Minot, ND

Comfort Suites

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601 22nd Ave SW
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Country Inn & Suites

701-837-1900
1500 22nd Ave SW
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701-839-2700
2401 West Hwy 2 & 52
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Dakotah House Bed & Breakfast

701-839-3548
510 4th Ave. NW
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2100 4th Street SW
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Guest Lodge

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Hillcrest Motel

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Where to stay in Minot

Continued from Page 22

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HYATT House

701-638-7300
2501 Landmark Dr NW
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LaQuinta Inns & Suites

701-637-7500
1635 35th Ave SW
Minot, ND

Magic City Hotel

701-638-4960
1901 S Broadway
Minot, ND

Midland Suites

701-662-6266
1212 31st Ave SW
Minot, ND

Microtel Inn & Suites

701-629-2200
414 37th Ave SW
Minot, ND

My Place Motel

701-638-2300
3601 4th St SW
Minot, ND

Noble Inn

701-637-1500
1009 20th Ave SE
Minot, ND

Pat's Campground

(701) 668-9949
2025 27th St SE
Minot, ND

Roughrider Campground

701-662-8442
560 54th St NW
Minot, ND

Select Inn

701-632-3411
225 22nd Ave NW
Minot, ND

Sierra Inn

701-637-1800
929 20th Ave SE
Minot, ND

Sleep Inn & Suites

701-637-3100
2400 10th St SW
Minot, ND

Scout's Valley Suites

701-666-7360
860 37th Ave SW
Minot, ND

Staybridge Suites

701-662-0862
3509 South Broadway
Minot, ND

Super 8 Motel

701-637-1817
1315 N Broadway
Minot, ND

Swenson Valley View RV Park

701-639-8878
1945 20th Ave SE
Minot, ND

The Vegas Motel

701-633-3000
2315 North Broadway
Minot, ND

Minot Parks: THINK SUMMER!



The school year is just around the corner but we are still excited about summer at the Minot Park District. The Roosevelt Park Zoo is open and ready for you. We are thrilled for visitors to see all the improvements that will be coming to the Zoo in 2014. Construction has started on the Penguin & Other Exhibits as well as the New Astory.

The Scout's Valley Golf Course has 18 holes open for golfers of all ages and levels to enjoy. To

reserve a tee time contact us at 701-657-4183. The kids can also enjoy a round at Jack Horner Wee Links, a real nine hole golf course designed specifically for kids.

The Roosevelt Park Pool along with the Oak Park Splash Pad are a perfect way to cool off in the hot summer sun.

For more information on our parks and trails please visit our website at www.minotparks.com or contact our office at 701-657-4136. Make sure to tag your park photos at MinotParks.



www.minotparks.com

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MINOT, ND, USA
CALL THE INN DIRECT AT
1.701.837.3100

ON THE SCENE

#R60 SYMPHONY UNDER THE SKY

The Regina Symphony Orchestra gave a sneak peek of its 124th season on Sunday in Winslow Centre, as a crowd of Regina music-lovers soaked up the sounds (and some sun) at the 40th annual Symphony Under the Sky.

It wasn't all classical music, though. To introduce the RSO to the danceable Fire of Bones brass band (whose trombonist Colin Haultfield doubles as a member of the symphony) and the groovy guitar stylings of Jack Serpente and his band.

While a musical setting too — where youth could try out orchestral instruments — gave the kids something to do, a local garden kept adults busy.

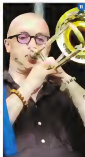
For 10 years, the RSO has had an outdoor summer concert, but only in 2009 did it move to Winslow Centre. Previous iterations were Mozart at Mason Estate and Beethoven at Buffalo Pound.

QC PHOTOS BY MICHAEL BELL



ON THE SCENE

1. Daniel and Hannah Wilson
2. Yukako Kikematsu and Chiryo Kanaga
3. Victor Sewer conducts the Regina Symphony Orchestra
4. Terrena Gustafson and Tyla Dunlop
5. Leah Marshall and Dora Loeb
6. Jonathan Boucher and Lucas Shepherd
7. Steven McElroy, principal double bassist for the RSO
8. Rosma Chan (top) and Charlotte Sweet (bottom)
9. Cory Monarty and Rache Polack
10. Heather Getz and Enika Becker
11. Coin Noefeld plays trombone.
12. Lisa Gaulty
13. Mark Richards and Ayika Kelaga



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@ ASK ELLIE

An illicit affair won't fix woes in troubled marriage

Q I'm not a happy married man and unfortunately, cannot leave my marriage because of my two young kids.

I have a lady friend with whom I've always felt the connection. She feels the same way. Recently we both admitted to being unhappy in our marriages. However, that doesn't mean she'd leave her marriage either.

She's given me some signals, which I believe are a hint to take our friendship to the next level. But whenever I return another kiss or try to talk to her her first reaction is to ignore. As a result, I feel confused and don't know how to fix a few days. Then she'll talk to me as if she's been waiting for me the most.

I love her very much and cannot get her out of my mind. How do I know what she has in her mind? I don't have the guts to ask her straight, as I'm afraid to lose her as a friend.

—Nood Dandelion

A: Stop playing out a fantasy. If she wanted to have an affair — which, be honest with yourself, all the "best lies" between two people who are married to others — she'd respond to your hints.

She may not be happy at home, but she's still comfortable with friendship and light flirting.

Meanwhile, you're clinging to your head from your marriage, by longing for more.

If you're truly committed to your two young children, get some real-time advice concerning why your marriage isn't happy.

It may've been a marriage of convenience, or of falsely influencing you, or you and your wife, like many other couples, let yourselves lose the connection you so badly had.

Married counseling may help, and/or individual counseling for yourself may help you know what's missing and why.

At that point, you can decide what you're willing to do — stick it out, unhelpfully for years and cause kids to live in confusion, or recognize that you two can improve the relationship if you both try.

For the real sake of your kids, I encourage you to take these steps.

Q: I have an adult nephew, 38, living with me. He behaves like a teenager. He takes pills, smokes cigarettes and marijuana, and ignores my wishes that he not smoke in his bedroom. The stuff pervades everywhere, sometimes making me feel ill.

He goes to bed and leaves groceries so I feel guilty about not wanting him to live with me. He's a diabetic, but doesn't take care of his health. He has a bad temper sometimes, and also asks for money when he runs out.

I will call the police to take a look at his room and get him out? Or just tell him to go?

Ask Ellie



Or tell my housing company that I'm taking him off the lease?

I also thought of moving somewhere better and let my housing company deal with him.

—Aunt's Dilemma

A: Be direct (unless you fear for your safety from his reaction).

Say this: You can't tolerate smoke in the house, period. You can't afford to give him money. Living together isn't working, and he needs a different plan.

Suggest that he makes a separate arrangement with the housing company or finds a cheaper room elsewhere.

Remember, if you have serious fears about his respect for the housing manager first in case the situation lies there. Also check if any other relatives will help you find him another place.

Police will not likely intervene unless you feel threatened, in which case, maybe then.

Q: I'm a gay man and was with my last partner for 16 years. I'm shy and don't trust easily. For me to find someone to love again is going to be very hard especially since I'm on my own because I discovered that my then-partner was not only cheating but had spent a lot of our joint savings on sex on drugs.

I have no idea how to meet someone who'd have the same goal — a lasting legal romantic partnership.

—Shy Guy

A: The sharing pains are the same, whether you're straight or gay. You want to meet new people, in general, to expand your network of acquaintances. So open your life up to new settings: new learning, new hobbies, and events.

Get out the door instead of sitting on the computer for hours. Pursue an interest, a course, a sport, etc.

One idea that's worked for many: Get a dog and walk it. You'll meet plenty of dog lovers, so long as both you and your pet are friendly.

If you do go the online route, protect yourself. Be wary of any signal that a person only wants random hook-ups, since they won't lead to anything more. Be very specific in your profile that you're only seeking someone who's also hoping for a serious relationship.

Thank you, Regina.

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EVENTS

What you need to know to plan your week.
Send events to QC@leaderpost.com

MUSIC

Wednesday, Aug. 20

Wednesday Night Punk: Kinky Iscariot Songwriters Circle 3
Bushwacker, 2205 Dewdney

Wayback Wednesday with Leather Cakes
McNelly's, 2226 Dewdney Ave.

Mechanical Prop, The Jump Off, Beautiful UFO
Artful Dodger, 1631 11th Ave.

Forever I, Take Heart, Where the Heart Is, Between Now and Then
The Club at the Exchange, 2432 Elfrink Ave.

Thursday, Aug. 21

T-Bird
Repine Downtown Concert Series
Nook, City Square Plaza

T-Mile
Creative City Centre
1833 Hamilton St.

Northern Elms, Black Devils, The League of One
McNelly's, 2226 Dewdney Ave.

Brassville, Nothing Gold Can Stay, Call All Canteens, Hearts and Knees
The Club at the Exchange, 2432 Elfrink Ave.

Craig McRae
The Pump, 641 Victoria Ave E.

Friday, Aug. 22

Ask Frithings
HQR, 1475 Toronto St.

Craig McRae
The Pump, 641 Victoria Ave E.

Wonderland
McNelly's, 2226 Dewdney Ave.

SaskTel Summer Invasion
1-5 p.m. Battle of the Bands winners
Twining, 2471 a small Packer,



Twining returns to Twining during Summer Invasion this weekend. QC PHOTOGRAPH BY MICHAEL KAPLAN

Geant/Theft, Swollen Members
Wescana Park

Gregorian Chant Workshops
10 a.m.-9:30 p.m.
St. Mary's Anglican Church,
3337 12th Ave.
AND Holy Rosary Cathedral,
3025 12th Ave.

Saturday, Aug. 23

Honeycreeper Suite & Harlequin
Cocktail Reggae Show Lounge
1880 Saskatchewan St.

Wonderland
McNelly's, 2226 Dewdney Ave.

Craig McRae
The Pump, 641 Victoria Ave E.

Gregorian Chant Workshops
10 a.m.-9:30 p.m.
St. Mary's Anglican Church,
3337 12th Ave. AND Holy Rosary Cathedral, 3025 12th Ave.

SaskTel Summer Invasion
1-5 p.m. Battle of the Bands winners
Twining, 2471 a small Packer,

Twining, 2471 a small Packer,
The Club at the Exchange,
2432 Elfrink Ave.

Half, Star of the Sea
Reggae/hip-hop music
8 p.m., Holy Rosary Cathedral,
3025 12th Ave.

Sunday, Aug. 24

Once Upon a Time
Artful Dodger, 1631 11th Ave.

Monday, Aug. 25

Monday Night Jazz & Blues
Uptown Jazz
Rufus Winkler, 2205 Dewdney

Weekly Drum Circle
Instruments provided
7:30-9 p.m., The Living Spirit

Centre, 3048 Dean Dr. Call Mike 305-555-2911.

Tuesday, Aug. 26

The Fags
Artful Dodger, 1631 11th Ave.

Spill, Pomeroy Circle
Okanagan, 1947 Search St.

VISUAL ART

Ying-Yueh Chueh: Made in Mexico

Opposite elements of plant life from land and sea reimagined in clay
Opening Reception: Aug. 21, 5-8 p.m., Artist in attendance
Exhibition runs Aug. 21-Sept. 27, State Fine Art Gallery, 2076 Haultain St.

Rebelle Heron: Gleaming Blues
Delicate and distinctive portraits of avian life

Join with our constructed environment
Opening Reception: Aug. 21, 5-8 p.m., Artist in attendance
Exhibition runs Aug. 21-Sept. 27, State Fine Art Gallery, 2076 Haultain St.

Joan E. Sommer: All Earth Is Butel Ground
Mandala-like paintings of natural materials speak to our physical and emotional intimacy with nature
LV88 Aug. 21, Art Gallery of Regina, Neil Bakewell Civic Arts Centre, 2420 Elphinstone St.

Art in Bloom
Works after a variety of textile, collage, patterns, and materials
LV88 Aug. 26, MacKenzie Art Gallery, 3475 Albert St.

Mary Pratt
A five-decade retrospec-

tion which celebrates the renowned Newfoundland and Labrador artist
Until Aug. 24, MacKenzie Art Gallery, 3475 Albert St.

Emily Vay Duke and Cooper Rattazzi: Here is Everything

Named by an animated cat and rabbit who claim to be speaking to us from the future. This is a lighthearted reflection on the inevitability of death, the existence of God, and the possibility of redemption. Part of Tuesday Plus Time
Until Aug. 27, Danco Art Gallery Central Mediatheque, 2381 12th Ave.

Comedy in Treasury Place

Comic Canadian and international artists explore the relationship between the topic and the comic
Until Aug. 27, Danco Art Gallery, 3475 Albert St., 2381 12th Ave. AND Danco Art Gallery, 2381 12th Ave.

Not Over You
Mark Dickinson work uses built-based forms of public address. The phrase "Not Over You" looms over the building and over the individuals that pass through. It dares, a clever pun on the obscurity between the physical and emotional spaces we simultaneously occupy.
Until Aug. 27, Central Library, 2381 12th Ave.

East Meets Art, Hip Hop and Aboriginal Culture
Various artists juxtapose urban youth culture with Aboriginal identity to create innovative and unexpected new art in painting, sculpture, installation, performance and video — that reflect the current realities of Aboriginal peoples today.
Until Sept. 7, MacKenzie Art Gallery, 3475 Albert St.

EVENTS

Contemporary Canadian
The Artists of South Nicholson
Fine Arts: Features the works of Canadian fine artists who have united works of art in three distinct styles, portraying the essence of contemporary Canadian art.
Until Oct. 31 Regina Centre
Dancing: 1621 Albert St.

Asinibolka Gallery
2365 Smith St.
Open Tuesday to Friday, 10 a.m.-5:30 p.m.; Saturday 10 a.m.-5 p.m.

Myotika Gallery
2705 13th Ave.
Open Tuesday to Saturday, 11 a.m.-5:30 p.m.

Neural Ground
#203-1634 Seventh St.
Open Tuesday to Saturday, 11 a.m.-5 p.m.

Outland Art & Fine Arts
Oil and Ink paintings by Chinese artists Linlin Jiang and Huayin Han
2212 Smith St. Open Monday to Saturday, 10 a.m.-5 p.m.

T&L Contemporary Gallery
1431 11th Ave.
Open daily 11 a.m.-6 p.m.

COMEDY

The Laugh Shop
Live standup every Saturday night, 7:30 p.m.
Benedict Hotel, 3010 Victoria Ave.

The Tinkles
Ten Well To Live comedy for less-than-excellent movies hosted by comedian Jayden Pfeiffer free with a donation to the Regina Food Bank.
Aug. 26, 7 p.m.
BFL Film Theatre, 2311 13th Ave.

PERFORMANCE

CONFLUX: Camping Royale
Aug. 20 and 21, noon

A twisted fairytale for young and old children. A blend of comedy and choreography
Victoria Park, downtown

How to Give Feedback
Workshop for poets and performers
Every Thursday, 7-9 p.m.
Creative City Centre, 1643 Hamilton St.

Split the Bill's Summer Jam
Comedians, live acts and bands
Aug. 22, 7-10 p.m.
The Exchange, 2431 13th Ave.

DANCING

Talks at the Freehouse
Aug. 20, 8-11 p.m.
Freehouse, 2062 Albert St.

Talks on the Plaza with Nerjine Seherian
Aug. 21, 3-4 p.m.
City Square Plaza

Delve Deen on Party
Every Sunday
McMillan's, 2236 Dewdney Ave.

Three for the Show
Monthly Old Time Dance Party
Aug. 20, 7 p.m.
Casino Regina Show Lounge
1800 Saskatchewan Dr.

FOR FAMILIES

Words in the Park
Hosted by Saskatchewan writer's guild. This week highlights Will Sage Press children's books.
Aug. 13, noon-1 p.m.
Victoria Park, downtown

Stems and Strawls
Wednesday, 1 p.m.
Complex One Southland Mall, 3625 Green Rd.

Bake & Difference
Combat bullying through baking, spread kindness with a cookie
Wednesday, 5-7 p.m.
Sweet Ambrosia Bake-shops, 2939 Winthrop St. #1

Chorus Under the Stars
Bring your own blankets, chairs, etc., for a family-friendly film screening.
Children's music and activities before the film, which screens at dusk
Wednesday, 8 p.m.
Victoria Park, downtown

Drop In Indoor Playground
Friday, 9-11:45 a.m.
South Leisure Centre, 170 Somerset

Mom and Tot Board Meetings
Hosted by Kate Murray, 306-215-2511
Friday, 10-11:30 a.m. Early leaving Family Centre, South Collegiate, 3300 7th Ave.

Build and Grow Clinics
Build a special feature project for the children's day and up
Saturday, 10 a.m.
Lewes, 6500 Dundas Rd.

Iron Will Family Day
Your police car ambulance and fire truck, superhero activities, magic show and much more. Proceeds toward the Children's Hospital Foundation.
Aug. 23, 10 a.m.-12 p.m.
Royal Saskatchewan Museum, 2645 Albert St.

Family Favorites Film
Enjoy a favourite film for just \$2.50
Saturday, 11 a.m. in Galaxy Cinema, 420 MacGillivray Blvd. W.

Family activities
Saturday and Sunday, 2 p.m.
Saskatchewan Science Centre, 2903 Powerhouse Dr.

Family Studio Sundays
Saskia, 3-4 p.m.
McKendree Art Gallery, 3475 Albert St.

Minikwe Kids Club
Saturday 10 a.m.-noon
308 Prince of Wales Dr.



Jason and Denise Kretzschmar having a family day in honor of their son Will, who died at 12 months of age due to medical complications. It takes place Saturday and is a fundraiser for Children's Hospital Foundation of Saskatchewan. Get out there by 10:30 a.m.

Parent and Preschooler Jump Gym
Monday, 9:30-11 a.m.
All About Family Wellness Centre, 445 16th Ave.

Exploration Day in the Park for Kids
For kids ages 3 to 12. Call 306-309-1547 to register.
Sports in the Park with Saskatchewan Sports Hall of Fame, Aug. 26, 9:30-10:30 a.m.
Victoria Park.

Men's Meeting Out
3200 Avenhurst Dr., west-central Sask.

Mothers of Pre-Schoolers (MOPS)
Household Peak Alliance Church, mops@household-peak.ca

Regina Women's Club
reginawomensclub@gmail.com

Time Out For Parents
All About Family Wellness Centre, 2250 Linbury St., 306-525-1669, arwp@wellsnet

Y's Men's Group
YMCA, 2400 13th Ave., 306-727-6622

Y's Men's Group for Multiples
YMCA, 2400 13th Ave., meets the third Thursday of the month at 7:30 p.m.

YWCA Regina
1840 McIntyre St., 306-320-2141

Alta Youth School Museum
100 Fourth Ave.
Tours by appointment only (306-523-3060)

Civic Museum of Regina
1375 Broad St.
Tuesday-Friday 10 a.m.-4 p.m.; Saturday noon-4 p.m.; Closed Sunday and Monday

Government House Museum & Heritage Property
4601 Dewdney Ave.
9 a.m. to 5 p.m. daily

RCPM Heritage Centre
5001 Dewdney Ave.

Open 10 a.m.-6 p.m. daily

Regina Firefighters Museum
1205 Ross Ave.
Tours by appointment (306-777-1774)

Royal Saskatchewan Museum
2645 Albert St.
Open 10:30 a.m.-5 p.m. daily

Saskatchewan Military Museum
1400 Elphinstone St.
Open Monday and Tuesday, 7-9 p.m., or by appointment (306-347-3341)

Saskatchewan Science Centre
2923 Powerhouse Dr.
Tuesday-Friday 9 a.m.-5 p.m.; Saturday-Sunday and holidays, noon-6 p.m.; Closed Mondays

Saskatchewan Sports Hall of Fame
2205 Victoria Ave.
Monday-Friday 10 a.m.-4:30 p.m.; Saturday noon-5 p.m.; Closed Sunday

EVENTS



Get people up and down a kayak for charity this weekend? It's a fundraiser for Easter Seals. qc.net PHOTO BY MICHAEL BULL

OTHER HAPPENINGS

Regina Farmers' Market
Wednesday and Saturday, 9 a.m. - 1 p.m.
City Square Plaza, downtown

RCMP Sergeant Major's Parade
Wednesdays, 12:45 p.m.
RCMP Depot Division, 3000 Elstman

Worlds in the Park
Horseshoe Saskatchewan
Wednesdays, 10 a.m. - 1 p.m.
Victoria Park, downtown

Canadian National Championships
Horseshoe Saskatchewan
Racing Club
Aug. 19-23, Wessauville

Sunshine and Seductions
Yoga in the Park with Yoga Missa
Aug. 20, noon-1 p.m.
Victoria Park, downtown

Easter Seals Drop Zone
Aug. 23, 8 a.m.
Hill Centre Tower B

Yoga Park
Horseshoe BodiTree Yoga
Aug. 20, 5-6 p.m.
Victoria Park, downtown

Saskia Talwar in the Park
Horseshoe Saskia Talwar Association of Saskatchewan
Aug. 20, 6:30-8:30 p.m.
Victoria Park, downtown

Art in the Park with the Dan-Lap Art Gallery
Join Dan-Lap Art Gallery for a different art activity each week.
Aug. 22, noon-1:30 p.m.
Victoria Park

The Color Vibe
Get lost with colour during this set run. \$50
Aug. 23, 9 a.m.
Start at Moderate Art Gallery, 3475 Albert St.

Saturday Morning Yoga
Horseshoe Yoga Missa
Aug. 23, 11 a.m. - noon
Victoria Park

Get Active 4-Autism
Sit walk/run, with family activities and a barbecue.
Aug. 23, 9 a.m.

A.C. Wilson Park and Rick Hansen Playground, McCarthy Blvd.

Culture on the Plaza
Regina Multicultural Council presents dance and performance.
Aug. 23, noon-1 p.m., City Square Plaza

Roller Derby
Pile O' Bones Derby Club
Aug. 23, 7 p.m.
Celle's Curling Club, 2225 Sandra Schreiner Way

Tai Chi in the Park
Horseshoe Regina Tai Chi Tai Chi Society
Aug. 24, 10-11 a.m., Victoria Park

Regina Thunder vs. Edmonton Wildcats
Aug. 24, 7 p.m.
Mosaic Stadium

Hits & Prose Trivia
Sunday, 8:30 p.m.
O'Meara's, 1847 South St.

Disc Golf in the Park
Aug. 26, noon-1 p.m., Victoria Park

It's like a Farmers' Market Everyday



Lakeshore Garden & Market is now in its seventh year at the Garden Park Mall, located at University Park Drive and Walsh Avenue. Part owner, Richard Rodd, sources as much produce as possible from local growers. "We strive to support Saskatchewan growers, and that produce tastes better, in my opinion," he says. "Throughout the growing season we obtain a continuous flow of fresh vegetables as much crop develops."



Fresh, local produce is arriving daily.
Come in and check out what we have to offer...

- Green & yellow beans
- Freshly dug red potatoes
- Regular & rainbow carrots
- Cauliflower
- Taber corn
- Baked cukes
- Fresh garlic
- Rhubarb
- Swiss chard
- Green onions
- Green leaf lettuce
- Bunched & bulk beets
- Kohlrabi
- BC blueberries
- BC cherries
- BC nectarines
- BC apricots
- BC Sunrise apples
- BC field tomatoes
- California strawberries

Just arrived - FREESTONE PEACHES - the best in town!
MANY OTHER IN-STORE SURPRISES

300 University Park Drive
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GARDEN & MARKET

HOURS: Mon. to Fri. - 9:30 am to 6 pm, Sat. - 9 am to 6 pm, Sun. - 10 am to 5 pm

EVENTS



Crisp sushi connoisseurs on Sunday at the Great Saskatchewan Music Festival. PHOTO BY C. L. BERT

Great Saskatchewan Music Festival

Aug. 24, 8 a.m.-3 p.m.
The Willow On Wisconsin,
2000 Wascana Dr.

Chess in the Park

Chess games and lessons
Aug. 24, 8 a.m.-2 p.m. Victoria
Park

ChessDay Challenge

Drop-in for members of board
game enthusiasts

Every Sunday, 6 p.m.-mid-
night
Bosche Pizzeria, 545 Albert St. N.

Ultimate Frisbee Drop-In
Aug. 26, noon-1 p.m. Victoria
Park

FILM

A Most Wanted Man
A Chechen Muslim illegally in-
vestigates to Hamburg, where
he gets caught in the interna-

tional war on terror. Starring
Philip Seymour Hoffman.

Foreign

A variant enters the lives
of an immigrant upper-class
family, turning their lives into
a psychological nightmare
in the process. In Dutch with
English subtitles

Regina Public Library Theatre
2211 12th Ave., 206-777-4304

Night of the Butterflies

Documentary
Join hundreds of millions of
butterflies on an amazing
journey to a remote hideaway
in the mountains of Mexico

Kanyo Animal Kingdom

Documentary
Discover Kanyo's famous
fauna in their natural habitat.

Including the big five — lions,
African elephants, Cape bu-
falo, leopards and black rhinos
— and giraffes, hippos and
cheetahs. Meet two fearless
young Maasai and follow them
on their ritual safari

Island of Lemurs Madagascar

Documentary
Join sidekick Patricia Wright
on her lifelong mission to help
endangered lemurs survive in
the modern world. Narrated
by Morgan Freeman.

Kramer Love

1962 Powerscourt Dr.
206-522-4529

NEW MOVIES

If I Stay

Drama

Mia (Christa Chase-Morris) is a
17-year-old girl on the run with
a loving family and boyfriend
(Jamie Glickley), and an
amazing career ahead of her.
That all changes when Mia and
her family are involved in a car
accident. Rushed to ICU, Mia
has an out-of-body experience
as she lies in a coma. She finds
out her parents died in the
accident and realizes she has a
choice to make — wake up to
a difficult life, or let go and die.

San City: A Game to Kill For

Based on the graphic novel by
Frank Miller, the much anti-
cipated sequel focuses on both
familiar faces and brand new
characters.

When the Game Stands Tall
Drama

The remarkable journey of
legendary football coach Bob
Lewkeiser (Jim Caviezel),
who took the De La Salle
High School Spartans from
obscurity to a 121 game win-
ning streak that shattered
all records for any American
sport.

Galaxy Cinema

420 McCarty Blvd. N.
306-522-9096

Cineplex Odessa

Southland Mall Cinema
3029 Gordon Rd., 306-188-
3383

Rainbow Cinema

Golden Mile Shopping Centre
3600 Albert St. 306-339-5250

Event listings on a free community
service agency's QC listings online
at qclists.com/events

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a Reader**
LEADER-POST

GET GAME TICKETS NOW!

For a minimum donation of \$40 to the Leader-Post Raise-a-Reader fund, you will receive
2 TICKETS* to the September 21 or October 3 Saskatchewan Roughrider home game.

Ottawa vs. Saskatchewan
Sunday, September 21
2:00 pm • Mosaic Stadium

OR

Calgary vs. Saskatchewan
Friday, October 3
8:00pm • Mosaic Stadium

Make your donation at Leader-Post Reception Desk, 1964 Park Street, Regina, SK. Monday to Friday, 8:30 a.m. to 4:30 p.m.

*Seating 5 only. While supplies last. Maximum 3 tickets per person/order.

OUTSIDE THE LINES

Colouring contest

Each week artist Stephanie Mulvey creates a timely illustration meant to please kids of all ages.

Children can colour the page, have a picture taken with the finished product and email it to sp@leaderpost.com. One winner will be chosen each week.

Please send **high-resolution pictures** and include the **child's name and contact information**.



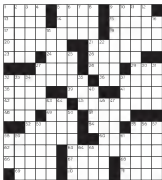
Last week's OC colouring contest winner was **Huzza Wain**. Congratulations! Thanks to all for your colourful submissions. Try again this week!

#CROSSWORD

NEW YORK TIMES *edited by Will Shortz*

ACROSS

- 1 Best variety
5 Many a control genre
6 Lower California, informally
10 "Superhero in the Green" director Kevin
14 "Chopped my mind" computer command
15 "Surrenderland" Tonight host Nancy
17 Founder of the Dowry
19 Socks and socks
20 "I'll be a hot day at school"
22 New identity
24 Pre-AD
26 "No back?"
27 Presume
28 Old name for Tokyo
29 Name for a sport
32 "That used news to me"
36 World's largest online retailer
38 Macy's symbol
39 Absolut (Absolut or Absolut)
40 Text with cushions
42 Get tangled
43 Spin, as a couple
46 Shooked
49 Where to find a well-stocked apothecary stall
50 End of season



PUZZLE BY JENNIFER KRAMER

- 10 He'll emotions
11 Half back (verb)

DOWN

- 2 Ground
3 Chick of old
4 Chick of old
5 Chick of old
6 Chick of old
7 Chick of old
8 Chick of old
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29 Chick of old
30 Chick of old

JANRIC CLASSIC SUDOKU

Level: Bronze

Fill in the blank cells using numbers 1 to 9. Each number can only appear once in each row, column and 3x3 block. Use logic and process of elimination to solve the puzzle.

The difficulty level ranges from Bronze (easiest) to Silver to Gold (hardest).



Solution to the crossword puzzle and the Sudoku can be found on Page 33.

THE BEST BUSINESS SPECIAL OCCASION DATE NIGHT

You Fill In The Rest!

COPPER KETTLE PIZZA

Dine with **COPPER KETTLE**

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ALEX AND ANI

ELAN

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Next week in QC

The thrill of tornado hunter Greg Johnson's job hinges on photography and not getting swept up in the storm

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LEADERPOST



WINE WORLD

SASKATCHEWAN WINE SCENE

Black Tower's fresh and fruity pink bubbly

By James Romanow

The wine world is still full of people who think wine deserves reverence and white table cloths. Me, I like cheap and cheerful. The more cheerful the better, as there is sufficient sorrow and tragedy in this world without breaking your heart or bank account over gold-dagger collector wine.

Can there be anything more inviting than a pink glass? Well if you're of a hemaphysoid nature, convinced that without at least three wine magazines' recommendations no wine is drinkable, then Black Tower's Pink Ruby is not for you.

It is a kid who that is full of bubbles and—
waaa! still — a radcoed pink. Moreover they
don't make the slightest effort to hide the fact
They actually named the darn stuff! Pink Bubbly
Well, harshish for truth is in it (and I say

We all need wines that we can serve on the deck to whoever passes. And such beverages should need no introduction. Just the act of pouring the stuff into a glass should have your guest shivering like a dog when you're outwing the coast breeze.

Black Tower is indeed punk. It is also bubbly. It is fresh and fruity and I challenge you to find a more insulating drink. It is also a mere 8.5 percent alcohol by volume — let the bells ring out.



and the banners fly! This may not sound like a big deal, but if you serve a reasonably fit middle-aged woman, two glasses of 14 per cent wine in an hour you probably shouldn't let her drive home immediately.

So grab a couple of glasses and someone you like, and head for the garden with a bottle.

Black Tower Pink Bubbly, Germany 2012
912 94 ****

More wines, cocktails and beers on Twitter
[@winesocial](#)

Crossword/Sudoku answers

L	A	B	S		S	C	A	M		D	A	J	A
E	L	I	A		U	N	D	O		O	D	E	L
T	E	D		T	U	R	N	E	R		R	A	F
B	R	I	Z	E		O	V	E	R	F	E	D	
E	O	N		O	C	E		S	I	D	E	B	
			O	C	A	R		E	D	O		E	T
Y	E	S	I	N	K	N	O		A	M	A	Z	O
S	T	A	R		S	E	A		S	O	F	A	
E	N	M	S		H		B	R	E	A	K	S	U
R	A	W		C	A	P		M	O	V	P		
			A	C	R	I	E		S	O	P		A
P	A	L	M	A	R	T			L	L	A	M	A
G	R	O	T		S	T	E	V	E		J	O	R
E	R	O	T		I	O	N	E		A	F	R	A
C	R	E	S		T	O	T		S		R	F	L

8	3	6	5	9	7	4	2	1
1	4	7	3	8	2	6	5	9
9	5	2	1	4	6	7	3	8
3	7	4	6	5	8	9	1	2
6	2	8	9	1	3	5	7	4
5	1	9	7	2	4	3	8	6
4	6	1	2	3	5	8	9	7
7	9	3	8	6	1	2	4	5
2	8	5	4	7	9	1	6	3

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Northgate Mall, Mosaic Stadium

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